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Description

Strawberry Heaven on Earth Cake is a dreamy layered dessert featuring soft angel food cake, juicy strawberries, creamy vanilla pudding, and a fluffy whipped topping. Every spoonful combines tender cake, sweet berry flavor, and a smooth, cloud-like cream layer for a refreshing dessert that feels special without requiring complicated baking.

This easy strawberry dessert is perfect for summer gatherings, birthdays, potlucks, holidays, or family dinners. Using prepared angel food cake makes assembly simple, while chilling allows the layers to blend into a soft, creamy treat. Fresh strawberries add a bright flavor and beautiful color, making this dessert as appealing to look at as it is to eat.

Can This Strawberry Heaven on Earth Cake Support Weight Loss Goals?

Strawberry Heaven on Earth Cake can be enjoyed as an occasional dessert within a balanced

eating routine. Strawberries provide vitamin C, water, and some fiber, while the cake, pudding, and whipped topping contribute carbohydrates, sugars, and fats.

For a lighter variation, use a reduced-sugar pudding mix, lightly sweetened whipped topping, and plenty of fresh strawberries. You can also serve smaller portions. These adjustments may reduce the calories or added sugar, depending on the products used, but portion size and overall eating habits remain important.

Does This Recipe Fit a High-Protein Lifestyle?

Traditional Strawberry Heaven on Earth Cake is primarily a dessert rather than a high-protein recipe. Milk and pudding may contribute some protein, but angel food cake, fruit, and whipped topping generally provide more carbohydrates than protein.

To make it more protein-friendly, prepare the pudding with higher-protein milk if suitable, or serve a portion with plain Greek yogurt. Fresh strawberries add flavor and fiber, while the net carbohydrate content will depend on the cake, pudding, and sweetened toppings used.

My Personal Experience

- Light and fluffy texture: Angel food cake creates a soft base that absorbs some of the creamy filling. The result is tender, airy, and easy to enjoy by the spoonful.
- Fresh strawberry flavor: Juicy strawberries bring a naturally sweet and slightly tangy taste. They balance the richness of the pudding and whipped topping.
- Beautiful layered presentation: The contrasting cake, pink-red strawberries, pale pudding, and white cream create an attractive dessert. It looks impressive in a glass dish without requiring elaborate decorating.
- Convenient make-ahead dessert: The cake can be assembled in advance and chilled until serving. This is especially useful for gatherings when you want dessert ready ahead of time.

Perfect For

- Strawberry dessert recipes
- Easy no-bake-style desserts
- Summer gatherings
- Family celebrations

- Birthday parties
- Potlucks and picnics
- Holiday dessert tables
- Make-ahead sweet treats
- Angel food cake recipes
- Creamy pudding desserts

Why You'll Love This Recipe

- Easy to assemble: Prepared angel food cake saves time, so you can focus on layering the pudding, strawberries, and cream.
- Fresh and fruity: Strawberries bring a bright, refreshing flavor that complements the sweet vanilla layers.
- Creamy and fluffy: Vanilla pudding and whipped topping create a smooth, cloud-like texture.
- Perfect for sharing: A single dish provides multiple servings, making it convenient for parties and family meals.
- Make-ahead friendly: Chilling gives the dessert time to set and allows the flavors to blend.
- Customizable ingredients: You can use homemade pudding, different berries, or a lighter whipped topping to suit your preferences.

Common Mistakes to Avoid

1. Using wet strawberries: Excess water can make the dessert runny. Wash the berries and dry them thoroughly before slicing.
2. Preparing runny pudding: Pudding that has not thickened properly can make the layers loose. Follow the package instructions and allow it to set before assembling.
3. Adding too much liquid: Extra milk or juice can soften the cake excessively. Measure liquids carefully and avoid pouring in excess strawberry juice.
4. Skipping the chilling time: The dessert needs time in the refrigerator for the layers to settle and the pudding to firm up.
5. Overmixing the whipped topping: Folding too vigorously can reduce its airy texture. Gently fold it into the pudding or spread it in layers as directed.
6. Assembling too far in advance: Although chilling helps the flavors blend, leaving the dessert for too long can make the cake overly soft. For the best texture, serve within about 24 hours.

Required Equipment

- Large mixing bowl: Provides space to prepare the pudding or cream mixture.
- Whisk: Helps mix the pudding until smooth and lump-free.
- Rubber spatula: Makes it easy to fold whipped topping gently.
- Sharp knife: Slices strawberries and cuts the cake into bite-sized cubes.
- Cutting board: Provides a clean, stable surface for preparing the fruit.
- Large glass baking dish or trifle bowl: Displays the colorful layers and holds the dessert.
- Measuring cups: Help measure milk and other ingredients accurately.
- Refrigerator: Chills the dessert so the layers can set before serving.

Storage Instructions

- Refrigerator: Cover the dish and refrigerate at 40°F (4°C) or below for up to 3 days, although the texture is generally best within 24–48 hours.
- Keep chilled: Do not leave this dairy-based dessert at room temperature for more than 2 hours, or more than 1 hour in temperatures above 90°F (32°C).
- Avoid freezing: Freezing is not recommended because pudding, whipped topping, and fresh strawberries can become watery or change texture after thawing.
- Store covered: Use a lid or food-safe wrap to protect the dessert from absorbing other refrigerator odors.
- For gatherings: Keep the dessert refrigerated until shortly before serving, especially in warm weather.

Recipe Details

- Prep time: 25 minutes
- Cook time: None when using prepared angel food cake and instant pudding
- Chilling time: 2–4 hours
- Total time: Approximately 2 hours 25 minutes to 4 hours 25 minutes
- Yield: 10–12 servings
- Difficulty: Easy
- Cuisine: American-inspired
- Meal type: Dessert
- Best season: Spring and summer

Short Description

Strawberry Heaven on Earth Cake is a creamy layered dessert made with angel food cake, sweet strawberries, vanilla pudding, and fluffy whipped topping. Easy to assemble and served chilled, it is a refreshing treat for family gatherings, parties, and summer celebrations.

Ingredients

- 1 prepared angel food cake, approximately 10–12 ounces (280–340 g), cut into bite-sized cubes
- 1 pound (450 g) fresh strawberries, washed, dried, hulled, and sliced
- 1 package (about 3.4 ounces or 96 g) instant vanilla pudding mix
- 2 cups (480 ml) cold milk, or the amount specified on the pudding package
- 1 container (8 ounces or 227 g) whipped topping, thawed
- ½ cup (120 g) strawberry preserves or strawberry pie filling, optional
- 1 teaspoon vanilla extract, optional
- A few extra strawberry slices for garnish, optional

Step-by-Step Instructions

1. Prepare the cake: Cut the angel food cake into bite-sized cubes. Set aside enough strawberry slices for the top if you want a decorative finish.
2. Prepare the pudding: In a large bowl, whisk the instant vanilla pudding mix with the cold milk according to the package directions. Let it thicken.
3. Add the vanilla: If desired, stir the vanilla extract into the pudding once it has thickened.
4. Prepare the strawberries: Slice the dried strawberries into bite-sized pieces. If using strawberry preserves or pie filling, stir it gently with the berries.
5. Arrange the first cake layer: Spread half of the cake cubes across the bottom of a large glass dish or trifle bowl.
6. Add the strawberry layer: Spoon half of the strawberry mixture over the cake, distributing the fruit evenly.
7. Add the pudding: Spread half of the prepared pudding over the strawberries.
8. Repeat the layers: Add the remaining cake cubes, strawberries, and pudding to create another set of layers.
9. Finish with whipped topping: Spread the thawed whipped topping evenly over the surface. Garnish with reserved strawberry slices if desired.
10. Chill the dessert: Cover and refrigerate for at least 2–4 hours so the pudding sets and the flavors blend.

11. Serve: Spoon into bowls or dessert cups and serve cold. Keep leftovers refrigerated promptly.

Approximate Nutrition Information

Estimated per serving, assuming 12 servings and using prepared angel food cake, instant pudding, milk, whipped topping, and fresh strawberries. Optional strawberry preserves are not included.

Nutrient	Approximate amount
Calories	220-280
Total fat	5-9 g
Saturated fat	3-5 g
Cholesterol	5-20 mg
Sodium	200-320 mg
Potassium	180-280 mg
Total carbohydrates	38-48 g
Fiber	1-3 g
Net carbohydrates	36-46 g
Sugars	25-35 g
Protein	4-6 g
Calcium	80-150 mg

Nutrition values are estimates and will vary depending on the cake, pudding mix, milk, whipped topping, and optional strawberry filling.

Helpful Notes

- Choose ripe, fragrant strawberries for the best natural flavor.
- Dry the strawberries thoroughly after washing to prevent excess moisture from loosening the layers.
- If using frozen strawberries, thaw and drain them well before assembling; fresh berries

generally provide a firmer texture.

- Make sure the pudding has thickened before layering it with the cake.
- For a richer version, use homemade vanilla pudding and freshly whipped cream in place of packaged alternatives.
- For a less sweet dessert, omit the optional strawberry preserves and choose unsweetened fresh fruit.
- For attractive presentation, assemble the dessert in a clear glass bowl so the layers remain visible.
- Chill the dessert for at least 2 hours, but aim for 3–4 hours if you want the layers to hold together more neatly.

Frequently Asked Questions

1. Can I make Strawberry Heaven on Earth Cake the day before serving?

Yes. You can assemble it the day before and refrigerate it, covered. It is generally best within 24–48 hours, before the cake becomes overly soft.

2. Can I use frozen strawberries instead of fresh strawberries?

Yes, but thaw them completely and drain away excess liquid. Frozen berries may be softer than fresh strawberries, so the finished dessert may have a looser texture.

3. Can I make this dessert without strawberry pie filling?

Absolutely. Fresh strawberries alone work well. The optional preserves or pie filling add extra sweetness and a more concentrated strawberry flavor, but they are not essential.

4. Why is my Strawberry Heaven on Earth Cake watery?

Common causes include strawberries that were not dried properly, pudding that did not set, or excess liquid from fruit filling. Use thickened pudding and drain wet ingredients before layering.

5. Can I make this dessert with homemade whipped cream?

Yes. Whip cold heavy cream with a little powdered sugar and vanilla until it forms medium-to-

stiff peaks. Homemade whipped cream can soften faster than stabilized topping, so keep the dessert chilled.

6. Can I use another flavor of pudding?

Yes. Cheesecake, white chocolate, or strawberry pudding can complement the berries. Make sure the pudding is fully set before assembling the layers.

7. Is Strawberry Heaven on Earth Cake a no-bake dessert?

It can be considered a no-bake assembly dessert when you use prepared angel food cake and instant pudding. The cake itself is usually baked beforehand, but no additional baking is required.

8. How do I serve Strawberry Heaven on Earth Cake neatly?

Chill it thoroughly and use a large serving spoon. Because the cake is designed as a soft layered dessert, individual portions are usually spooned into bowls rather than cut into firm slices.